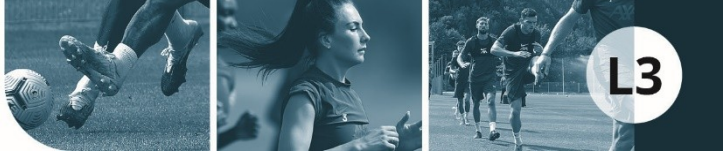
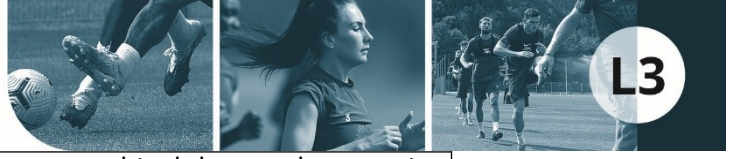


BTEC Assignment Brief

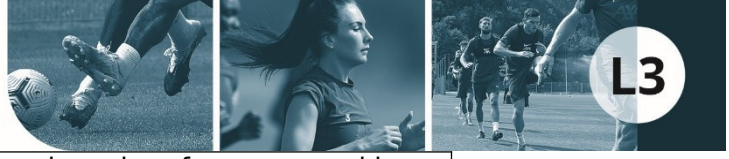
Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 7: Personal Training and Programming**
Learning aim	D: Plan, deliver and review personal training sessions for a client
Assignment title	
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	Your client assessments training programmes and feedback have been well received and you are continuing to be successful in your work placement-well done You have now been asked to undertake and instruct a personal training session for a selected client. Your client will also require recommendations for future improvements. To be successful in the industry you must be able to self-reflect so part of your final task is to produce a written evaluation of your role as a Personal Trainer Good luck

Task 1	Visual/audio evidence of you instructing your personal session will be required. You are required to produce a session plan and undertake a personal training session that fits into a progressive personal training plan. The plan must include relevant information about the aims and objectives of the session, the client's needs, the equipment to be used and the exercise activities taking place. The activities must be safe and effective, meaning they must be appropriate to the client's needs and requirements and designed to achieve the planned outcomes. Your plan must include an exercise or physical activity that can be run in environments not designed specifically for exercise. Plan a safe and effective warm-up and cool down and explain the purposes of these activities. Produce a risk assessment for the personal training environment in which you are going to deliver the personal training session and explain the importance of



	health and safety in the personal training environment. You will then instruct the planned personal training session safely and effectively. Include a safe and effective warm-up and cool down Your session should demonstrate that you are able to carry out the correct techniques when performing cardiovascular training, resistance training, core training and flexibility training and include ways to adapt each exercise or provide alternative exercises to meet the needs of your client. Remain observant and responsive to your client's feedback in the session Your session should include physical activities the client can undertake as part of their lifestyle (e.g. at home or outdoors) to complement exercise sessions. Ensure your planned session is safe and effective, demonstrating correct technique and providing accurate teaching points that are appropriate to the needs and limitations of your client. Ensure the exercises and equipment used, are likely to achieve the planned results and are unlikely to cause any adverse effects to your client. Your instruction should demonstrate that you are able to communicate effectively verbally and non-verbally effectively with clients using motivational styles appropriate to the individual and the exercise format. In your instruction observe your client and correct poor technique where required, giving regular teaching points to meet individual needs. You are also required to review the performance of your client and make recommendations and adaptions to the programme where goals are not being achieved or new goals are identified. You will re assess the client's fitness levels to determine the effectiveness of their current programme and re-establish client's specific fitness goals. Provide positive and constructive feedback to your client on their progress and recommend any changes. Provide relevant and appropriate modifications to the programme according to the fitness reassessments and your client's changing requirements. Post session you will review how the session went and justify what worked well in the session and areas for your own personal development and how you may address these. Consider your planning and delivery of the session. Reflect on the effectiveness and appropriateness of exercise techniques and communication methods you planned and used in the session and the ways in which you adapted each exercise to make them more or less challenging depending on the needs of your client. As part of this self-reflection provide explanations and recommendations as to what you could do in future to improve your personal training delivery. Finally provide explanations and justified recommendations of your



	client's current fitness levels and performance and how in future you plan to improve their personal training sessions
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
D.P8	Plan and deliver a personal training session.
D.P9	Review own and client's performance from a personal training session.
D.P10	Review client's fitness levels and modify the client's personal exercise programme to meet client's requirements.
D.M4	Assess own planning and delivery and client's performance from a personal training session.
D.D3	Evaluate the planning and delivery of a personal training session, justifying suggestions made to improve own and client's performance.
Checklist of evidence required	Visual/audio evidence of you instructing a personal training session. Session plan Risk assessment Evaluative report of own performance and client's performance. To note: All practical assessment must be conducted in a real-world environment, in the workplace, where possible 'on the job' at work, or as close to as possible to replicate a working environment. Ideally, learners will complete the practical aspect while on work experience/placement. The assessment should be conducted with real clients/participants and not with peers. A real client and/or participant is someone who is a member of the club/facility or equivalent for self-employed trainees. The real client/participant must not be enrolled on the same qualification as the learner at the same time.
Other assessment materials attached to this brief	